

ADE: Advocating for Physical Education



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To access the slides, use your phone to scan the above QR code or use link below.

<http://bit.ly/ADEAdvocacy>



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WHAT'S HAPPENING IN P.E. TODAY?

**Lesson
Focus**



WHAT

ARE WE LEARNING TODAY?

Learning about advocacy and how quality physical education can positively impact students.



WHY

ARE WE LEARNING IT?

Getting administration and other stakeholders to understand the impact quality physical education can have on a child.



HOW

WILL I KNOW I HAVE LEARNED IT?

You will be able explain why physical education is crucial in developing the whole child, as well as identify ways you can help advocate.

ADVOCACY





BREATHE IN.

“Change happens through movement
and movement heals” - Joseph Pilates





Advocacy



Advocacy is an activity by an individual or group that aims to influence decisions within political, economic, and social institutions. [Wikipedia](#)

PE + Health = Student Success

Arizona Fact Sheet

Active kids learn better. When students get more time for health and physical education (HPE) they do better physically, mentally, and emotionally.

Daily HPE

Good for Kids & Good for Schools

ARIZONA PHYSICAL EDUCATION

SHAPE America Recommendations:

All children deserve the benefits of a well-rounded education which includes effective health and physical education provided by trained and certified teachers.

- ★ 30 minutes of daily PE for elementary grade levels
- ★ 45 minutes of daily PE for secondary school grade levels

84% of Arizona high school students did not attend PE class at all during an average school week.

DOES ARIZONA...	YES	NO
Have state-adopted PE standards?	✓	
Require 30 minutes per day of elementary school PE?		✗
Require 45 minutes per day of middle school/junior high school PE?		✗
Require 45 minutes per day of high school PE?		✗
Require that only certified physical educators teach elementary PE?		✗
Require that only certified physical educators teach middle school/junior high school PE?	✓	
Require that only certified physical educators teach high school PE?	✓	

TAKE ACTION: Any red "✗" above indicates an opportunity for improvement.

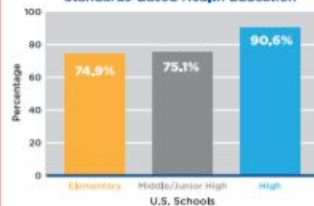
SPEAK OUT FOR HEALTH & PE

The Every Student Succeeds Act (ESSA) identifies school health and physical education (HPE) as part of a student's well-rounded education, giving all HPE teachers an opportunity to elevate their program and gain support from their school and local community.

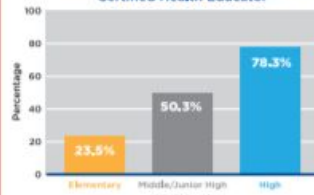
Stay informed. Get involved.

HEALTH EDUCATION TRENDS IN THE UNITED STATES

Percentage of Schools that Follow Standards-Based Health Education



Percentage of Programs Taught by a Certified Health Educator



PARENT SUPPORT FOR HPE

91% of parents feel that there should be more physical education in schools, particularly for addressing obesity.



PE + Health = Student Success

Benefits of Health & Physical Education to Students

- ★ Positive relationship with **academic achievement** and **test scores**
- ★ Positive association with **attention, concentration** and **on-task behavior**
- ★ Encourages **lifetime healthy habits**
- ★ Strategy for **reducing childhood obesity**
- ★ Reduces **discipline referrals** and **participation in high-risk behaviors**

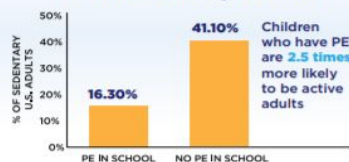
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

Nearly **92%** of students that attended health education class believe it is important to their future health.



Findings from 2016 myCollegeOptions®/SHAPE America research study. National sample includes 132,096 high school students.

PE in Schools and Long Term Effects



Physical Activity Council. 41,000 Interviews on Sedentary Lifestyles. 2010.

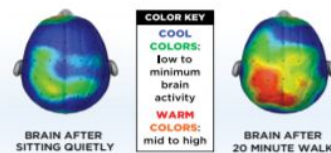
ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

Physical Fitness and Achievement Test Performance



Castelli, D.M., Hillman, C.H., Buck, S.E., & Erwin, H.E. (April 2007). Physical fitness and academic achievement in 3rd and 5th grade students. *Journal of Sport & Exercise Psychology* 29(2), 239-252.

Average Composite of 20 Student Brains Taking the Same Test



Hillman, C.H. The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children. 2009.

active kids learn better



physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:

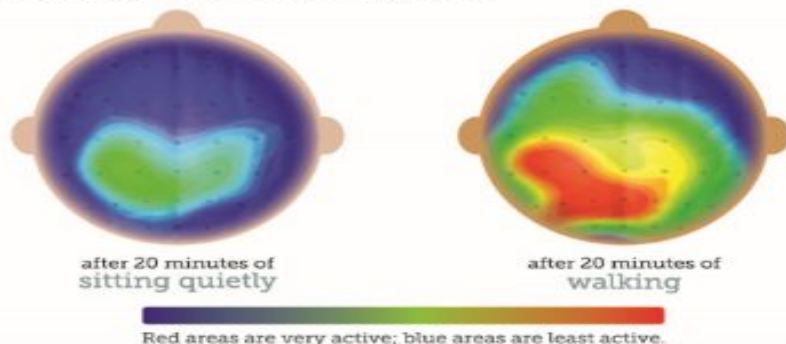


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%

SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*, 159(3):1044-1054. Kanioka K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.



COVID-19

Resources for Health and Physical Education



[COVID-19 Resources](#)

[Downloadable Version](#)

[K-12 Considerations](#)

[School Reentry Resources](#)

[Advocacy](#)

Organizing your advocacy

What is the challenge you are facing?

What is your collective vision or goal?

Who are the involved parties?

How can this change promote access to a healthier learning environment?

“Your voice may quiver, but your truth will echo” - unknown

Improvement Science

*School Wide Themes

1st Quarter: The Body

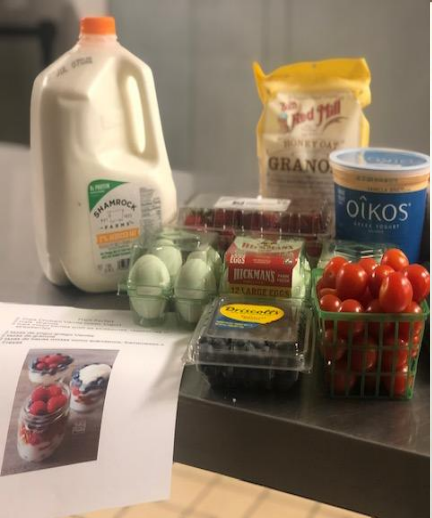
2nd Quarter: Democracy, Elections

3rd Quarter: Community & Culture

*Healthy Snack Project

- Food Grant
- Fresh food family bag w/healthy snack recipes and ingredients





2 SERVINGS PORCIONES

Bocadillo de la jungla

INGREDIENTES:

- 1 tallo de apio, cortado a la mitad
- 2 cucharadas de mantequilla de cacahuete*, con bajo contenido graso
- 1/2 taza de fresas, picadas
- 2 cucharaditas de pasas de uva
- 2 galletitas con forma de animales

PREPARACIÓN:

1. Rellenar cada tallo de apio con mantequilla de cacahuete.
2. Cubrir con las fresas, las pasas de uva y una galletita.

*Alerta sobre alergia a los alimentos = en esta receta se puede usar mantequilla de semillas de girasol en vez de la mantequilla de cacahuete. Es muy parecido a la mantequilla de cacahuete en textura y sabor.

Análisis de nutrición por porción (1/2 tallo de apio):
 Calories: 70, Carbohidratos: 11 g, Proteína: 2 g, Grasas totales: 2.5 g, Grasas saturadas: 0.5 g, Grasa trans: 0 g, Colesterol: 0 mg, Fibra: 4 g, Azúcares totales: 3 g, Sal: 0 mg, Calcio: 18 mg, Hierro: 0.4 mg, Vitamina A: 100 IU, Vitamina C: 24 mg, Vitamina E: 1 mg, Vitamina K: 35 µg.

Jungle Snack

INGREDIENTS:

- 1 celery stalk, cut in half
- 2 teaspoons peanut butter*, reduced-fat
- 1/2 cup strawberries, chopped
- 2 teaspoons raisins
- 2 animal-shaped cookies

DIRECTIONS:

1. Fill each celery stalk with peanut butter.
2. Top with strawberries, raisins, and a cookie.

*Food Allergy Alert = you can use sunflower seed butter instead of peanut butter in this recipe. It's very similar to peanut butter in texture and flavor!

Nutrient Analysis per serving (1/2 celery stalk):
 Calories: 70, Carbohidratos: 11 g, Proteína: 2 g, Total Fat: 2.5 g, Saturated Fat: 0.5 g, Trans Fat: 0 g, Cholesterol: 0 mg, Fiber: 4 g, Total Sugar: 3 g, Sodium: 0 mg, Calcium: 18 mg, Potassium: 24 mg, Iron: 0.4 mg, Vitamin A: 100 IU, Vitamin C: 24 mg, Vitamin E: 1 mg, Vitamin K: 35 µg.

POST PACTO / DATO CURIOSO

Peanut butter is great as any nut or snack because it has many nutrients that are good for health, like proteins, healthy fat, iron, B vitamins, and potassium!

La mantequilla de cacahuete es un alimento o bocadillo excelente porque tiene muchos nutrientes que son buenos para la salud, como proteínas, grasas saludables, hierro, vitaminas B y potasio!

30 SNACKS / BOCADILLOS



2 SERVINGS PORCIONES

Bagel con verduras

INGREDIENTES:

- 1 bagel de harina integral, cortado por la mitad
- 2 cucharadas de queso crema, repartido
- 1 pepino, sin piel, cortado en rodajas
- 1 tomate, cortado en gajos
- 1/2 taza de zanahorias, ralladas
- 2 cucharadas de pasas de uva

PREPARACIÓN:

1. Tostar el bagel en la tostadora.
2. Untar el queso crema en cada mitad de bagel.
3. Decorar el bagel con las rodajas de pepino, los gajos de tomate, las zanahorias y las pasas de uva luego servir.

INGREDIENTS:

- 1 whole wheat bagel, split in half
- 2 tablespoons cream cheese, divided
- 1 cucumber, unpeeled, sliced
- 1 tomato, cut into wedges
- 1/2 cup carrots, grated
- 2 tablespoon raisins

DIRECTIONS:

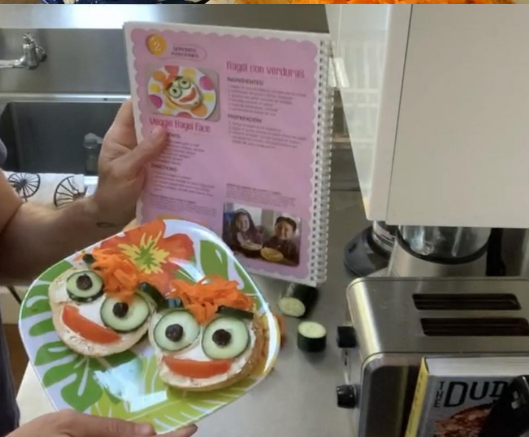
1. Toast the bagel in toaster.
2. Spread cream cheese on each bagel half.
3. Decorate bagels with cucumber slices, tomato wedges, carrots and raisins, then serve.

Nutrient Analysis per serving (1/2 bagel):
 Calories: 160, Carbohidratos: 34 g, Proteína: 4 g, Total Fat: 3.2 g, Saturated Fat: 1.5 g, Trans Fat: 0 g, Cholesterol: 10 mg, Fiber: 4 g, Total Sugar: 7 g, Sodium: 200 mg, Calcium: 15 mg, Potassium: 4 mg, Iron: 0.6 mg, Vitamin A: 175 IU, Vitamin C: 17 mg, Vitamin E: 1 mg, Vitamin K: 17 µg.

POST PACTO / DATO CURIOSO

Cucumber gives your meal between 10 to 15 g of water. This makes your meal extra healthy and easy to digest.

30 SNACKS / BOCADILLOS





A Villanueva

In response to: Yoga Poses

Child's Pose



Warrior 1



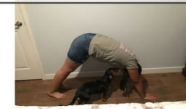
Shavasana



Warrior 2



Donward Dog w/Balto



Cobra Pose



August 16, 2020, 6:46 PM

Joshua Meibos Alizon! You are a rockstar! This is amazing. Thank you so much for your dedication.

A Ana Soto Cortez



August 17, 2020, 3:04 PM

Joshua Meibos PERFECT!!! Thank you, Ana

[See Translation](#)

3 Domains: Cognitive (academic/literacy), psychomotor (skill/application), affective (SEL) = whole child. Here, students work on the cognitive domain.



Depth of
Knowledge

***Find a partner to answer
some of these questions...***

- **DOK 1:** What does control mean?
- **DOK 2:** What do you know about ball control in the sport of basketball?
- **DOK 3:** How is practice related to a person's ability to control a basketball? How do you know that your answer is true?
- **DOK 4:** Let's create a weekend practice routine that we could follow in order to improve our ball control skills.

Using high Depth of Knowledge questions can help students critically think as well as connect to their lives beyond Physical Education.

It's Time to Prioritize Health & Physical Education

Students' well-being depends on it.

The COVID-19 pandemic has illuminated the need for schools to consider students' physical, mental, and social-emotional health above all else. And, an important part of the solution must be health and physical education.

Health & PE is where students learn:

- Critical **social-emotional skills** to help manage emotions and handle daily tasks and challenges;
- Important **character values** such as resilience, fairness, respect, equality, and inclusion;
- Fundamental **motor skills** needed to participate in physical activity, which is vital at all ages and stages of life.



"It is also critical to maintain a balanced curriculum with continued physical education ... rather than an exclusive emphasis on core subject areas."

American Academy of Pediatrics (2020).
COVID-19 Planning Considerations: Guidance for School Re-entry.

STUDENTS NEED SUPPORT

For years, rates of anxiety and depression among children and adolescents have been rising rapidly — and COVID-19 has made this mental health crisis worse.

In addition, many students have experienced a level of trauma during the pandemic that can be categorized as an adverse childhood experience (ACE), which — without intervention — can result in chronic disease and lifelong mental health issues.

Students need trusted adults to help them deal with these challenges, and health and physical educators can play an important role. They teach students age-appropriate skills to develop the mind-body connection, which can improve mental health and overall wellness.

STUDENTS NEED SOCIAL-EMOTIONAL SKILLS

Health and physical educators are on the front lines of the social and emotional learning (SEL) movement — teaching students the skills and behaviors that will help them succeed in all areas of life. This includes managing emotions, setting goals, and building positive relationships.

These skills are embedded within the SEL framework — and in the National Standards that health and physical education teachers use daily.

STUDENTS NEED PHYSICAL ACTIVITY

Physical activity has many benefits for students, such as decreasing stress, preventing chronic disease, and increasing academic performance.

Physical education is an academic, skills-based class taught by a certified teacher — with lessons based on SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education.

Students need both physical education *and* physical activity to learn and apply skills. The connection between the teacher and student is critical.



shapeamerica.org/advocacy #SHAPEadvocacy



SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

RELATIONSHIP SKILLS

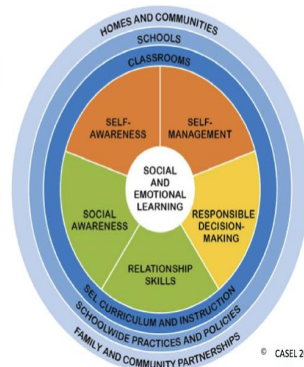
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK

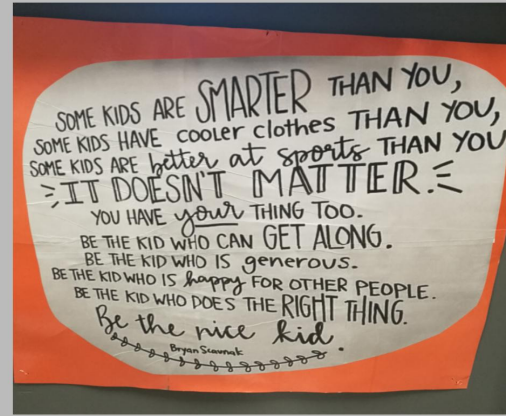
RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY



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Posters from [Ben Landers](#), [Dan Hill](#), [Joey Feith](#), and [Pete Charrette](#). Thank you!

THE SEL / PE OVERLAP

SHAPE AMERICA GRADE-LEVEL OUTCOMES FOR K-12 PHYSICAL EDUCATION

Poster by
Casey Barclay
@MsBarclayPE
and
Joe Burch
@peforlife

Self-Awareness

STANDARD 2:

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Self-efficacy, Growth Mindset, Optimism, Self-Assessment, Recognizes Strengths

Self-Management

STANDARD 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Self-Motivation, Stress Management, Goal Setting, Follows directions, Respects Equipment, Safety, Rules/Fairplay

Social-Awareness

STANDARD: 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Appreciates Diversity, Communication, Perspective-Taking, Empathy, Respect, Shares Equipment

Relationship Skills

STANDARD: 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Communication, Teamwork, Social Engagement, Cooperation, Resolving Conflicts, Seeking help.

STANDARD: 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and / or social interaction.

Responsible Decision Making

STANDARD: 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Healthy Choices & Nutrition, Engages in PA, Solving Problems, Reflecting, Accepts challenge, Respect, Cooperation

STANDARD: 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and / or social interaction.

Create memorable moments that connect PE & happiness

Students playing “Thankful Tag”, showing SEL competency “social awareness” (perspective-taking).



Show videos and pictures like CBS “[On The Road](#)” videos to teach students gratitude and perspective.

Make sure students know that this is what you value, what you expect, and what will be recognized by peers and myself. I show videos like this this after each break (summer, fall, winter, spring).

Teaching perspective, empathy. Here, students are having fun playing, even though they can't afford shoes.



More: [Basketball](#), [Player tears ACL](#) (ESPN)



Give Love

Take a minute to show others some love!

- Think about someone who did something to lift you or someone up today.
- Share with the class.
- If you were not able to share, be sure to give that person an air high-five on the way out of class!

Showing kindness to others helps us find happiness and peace inside ourselves!

GIVE
LOVE

From Casey Barclay:
[@MsBarclayPE](https://www.instagram.com/MsBarclayPE)

Mindful Minute

“Belly Breathing” by Joe Burch - [@peforlife](#)



MINDFULNESS

(noun)

A mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

Mindfulness is a practice used in meditation and yoga to be able to focus and understand your internal and external environment.









OPEN
Oklahoma Physical Education Network

A PUBLIC SERVICE OF

US Games



Using social media to advocate!

-  **Home**
-  **Explore**
-  **Notifications**
-  **Messages**
-  **Bookmarks**
-  **Lists**
-  **Profile**
-  **More**

Tweet



Kyle.PE.Bragg
@ElemPE1



All [#WorldKindnessDay](#) Resources 🙌🙌🙌
shapeamerica.org/events/2020/Wo...



 @SHAPEAmericaMW and 8 others

12:59 PM · Nov 12, 2020 · Twitter Web App

45 Retweets **24** Quote Tweets **58** Likes

Thanks for attending! Please feel free to reach out to us with any questions!



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<http://bit.ly/ADEAdvocacy>



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